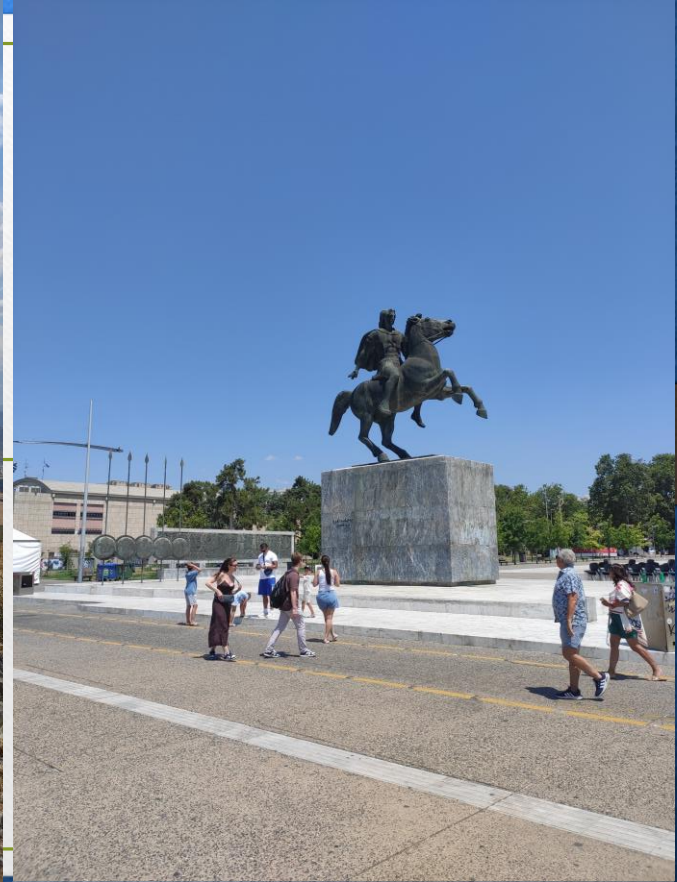
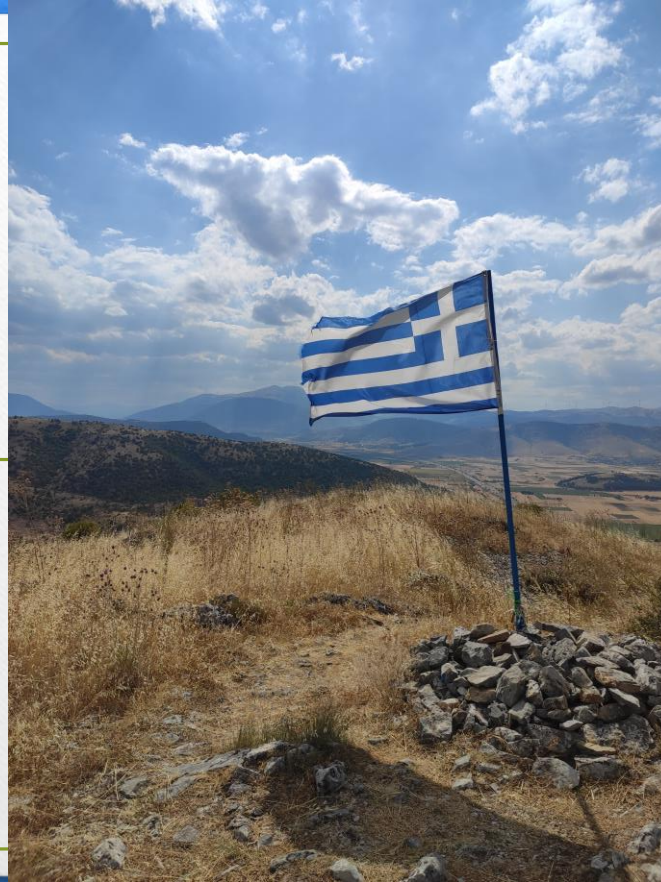
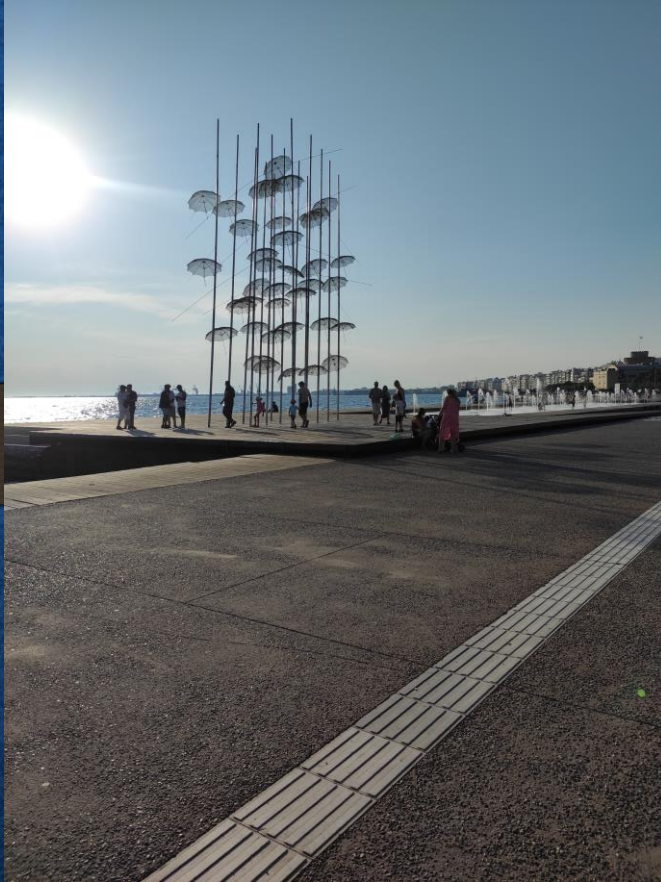


Adam

Dietetics, additional traineeship, academic year 2024/2025



Go Alive, Greece

In which institution did the internship/traineeship take place?

A: The traineeship took place at the Go Alive institution in Kozani, Greece.



Did the internship take place as part of the obligatory internship during studies, additionally in order to gain experience, or was it a graduate internship in which part of the obligatory post-study internship was carried out?

A: The traineeship was also an opportunity to gain valuable professional experience and improve communication skills in English.

If this was part of a compulsory internship, what was the procedure for recognition by the Ministry?

A: N/A





The language level that you need to have to cope with everyday tasks, contact with the patient, etc.?

A: A B1/B2 level in English was perfectly sufficient.



General impressions about the Host Institution, the organization of internships, what was the issue of food, did the facility have a canteen?

A: The host institution provided almost full accommodation, we had towels, blankets, bedding, a set of sheets, pillows, etc. at our disposal. The room had a hairdryer and a washing machine, and was cleaned weekly by designated staff. Unfortunately, we had to purchase toiletries such as soap, toilet paper, dishwashing sponges and laundry detergent ourselves. The facility did not have a canteen, but there was a small shared kitchen available in shared rooms or for individual use in single rooms. The kitchen had a two-burner gas stove, an oven, a kettle and a refrigerator. The room had a permanent internet connection. I can consider the location of the apartment where I lived a plus, as it was only 200 m away from the market square and the town centre.

Important information, contacts that will help in the implementation of mobility?

***A:** Definitely the Erasmus office, which is worth relying on because they help students at every stage of mobility, every member of the team is easy to talk to, and they respond quickly to emails. Before mobility, it is worth preparing for the fact that the residents of Kozani speak little English, it is difficult to communicate even in museums or shops, they only understand basic English phrases, but most people are friendly and cordial. Working hours are set by the host institution from 9:00 a.m. to 3:00 p.m. (3 times a week) and from 3:00 p.m. to 9:00 p.m. (2 times a week). It is worth asking for morning shifts if you want to have the whole afternoon to yourself. The office where the work takes place is only a 2-minute walk from the apartment.*



Attractions in the area worth seeing?

***A:** It is worth travelling to Thessaloniki from Kozani by KTEL bus, which takes about 1.5 hours. Thessaloniki has a lot to offer, starting with the White Tower, the waterfront, historic churches, Byzantine museums, etc. Admission to most museums is free for people under 25 upon showing proof of age or a student ID card. It is also worth visiting the town of Veria to see historic churches, the monument to Saint Paul and nearby museums. The town where the host institution is located also has several museums and lots of cafés and bakeries where you can eat local food at a good price.*





Advantages of going on an internship under the Erasmus+ Program?

***A:** Despite the uncertainty that plagued me at the very beginning of the traineeship, I believe that it was really worth going. The scholarship amount was more than sufficient, and the opportunity to gain valuable professional experience and improve my English language skills was indispensable.*

